

*Agricultural Clubs*

B-43

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EXTENSION SERVICE

No. B-43.

PLANS FOR 1918

**GIRLS' CANNING CLUBS  
GARDEN CLUBS AND  
POULTRY CLUBS**

BY LAURA F. NEALE, STATE HOME DEMONSTRATION AGENT.



This illustration represents the summer's work of a Texas Canning Club Girl.

Address

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# Girls' Canning Clubs, Garden Clubs and Poultry Clubs

## PURPOSES.

The purposes of the Women's and Girls' Demonstration Work are:

- First. To encourage rural families to provide better food at lower cost; to utilize the surplus of the orchard and garden and products which otherwise might be wasted, and to make poultry a profitable part of the food products of the home.
- Second. To stimulate interest and wholesome cooperation among members of the family in the home, and among the people of the community.
- Third. To provide some means by which girls may earn money at home and at the same time get the education and viewpoint of the ideal farm life.
- Fourth. To manifest interest and to co-operate in the production and saving of food, as advocated by those in authority in our country.
- Fifth. To develop leadership in girls, and create within them a desire for higher education.

## REQUIREMENTS FOR MEMBERSHIP IN THE GIRLS' CLUBS.

1. Age—girls from ten to eighteen years of age may become members.
2. Prizes—No girl shall receive a prize for club work who is not enrolled in an organized club and has not complied with the rules and regulations.
3. Must Study Instructions—The members of the club should study the instructions of the U. S. Department of Agriculture, and such other material as may be sent them from the Extension Service of the Agricultural and Mechanical College of Texas. All instructions, bulletins, pamphlets and letters must be kept on file for future use.
4. Work—Each girl must plan and do her own work, including the propagation of all early spring plats for her garden. It will be permissible to hire heavy work done, such as plowing, but the time must be charged. In poultry work, all the feed and supplies must be charged, whether raised or bought.
5. Estimating Profits—In estimating profits the following uniform prices are to be used: One dollar for land rental; ten cents for each hour worked, two dollars for a ton of stable manure, and actual cost of commercial fertilizer, and all other things bought or furnished.
6. Measure Garden and Weigh Products—The garden plat must be carefully measured and all of the garden products must be weighed and the weights recorded in the record books. Two disinterested witnesses must attest to the correctness of the report submitted at the close of the season.
7. Record Books—All record books must be returned to the County Home Demonstration Agent not later than November 10th.
8. Must Complete Work—Each club member must complete the work of a given year before being permitted to enroll in the advanced work. A certificate will be given upon the completion of each year's work.
9. Boys from ten to eighteen years of age may be enrolled as members of the Girls' Poultry Clubs and shall be governed by the same rules and regulations.

## GRADED SCHEDULE FOR GIRLS' GARDEN AND CANNING CLUB WORK

First-year club girls shall cultivate one tenth acre garden in tomatoes, if agricultural and marketing conditions make it advisable. If not, one-half of one-tenth should be planted in tomatoes, and the other half in cabbage, or beans, or okra. Members should exhibit at the community or county fair, one-quart jar each of the following products: Canned tomatoes, Chili sauce, chowchow, and tomato pickle; two quart jars canned fruit, one 8-oz. bottle of tomato catsup, and one 12 oz. jar of tomato paste. In addition to these products club girls should dry some fruits and vegetables, and put up vegetables by salting and brining. Sewing should consist of hemming a dish towel, making a holder, cap, and apron. The following home conveniences should be made: A fly trap, a home dryer for fruits and vegetables, and a fireless cooker.

Second-year club girls should continue to cultivate one tenth acre, part of which should be planted in tomatoes, and part either in beans and beets, or onions and okra. They should be encouraged to start six of any one of the following perennials: Blackberries, dewberries, grapes, or fruit trees. The second-year exhibit will depend upon the vegetables grown in the garden. If the garden has been planted in tomatoes, beans and beets, the exhibit consists of three No. 2 cans of tomatoes bearing the 4-H brand label; one quart jar of beans, one quart jar of baby beets pickled, and two 12-oz. jars each of tomato and watermelon rind preserves, one quart jar of dried green beans, and one quart jar of dried beets. If tomatoes, okra and onions have been grown, the exhibit shall consist of three No. 2 cans of tomatoes bearing the 4-H label brand, one quart jar of tomato and okra gumbo, one quart jar of canned okra, one 12-oz. jar of pickles onions, and two 12-oz. jars each of tomato and watermelon-rind preserves, one quart jar of dried okra, and one quart jar of dried soup mixture. They shall be instructed in darning and patching, embroidering club emblem on cap, and in making summer uniform dresses. An iceless refrigerator, an ironing board, and if time permits, other labor saving devices may be constructed. The utilization of club products should be stressed in cooking, and instructions should be given in the preparation of special foods grown in the country, such as peanuts, sweet potatoes, etc. Work in poultry should include keeping a record of eggs produced, mating breeding pens, grading, marketing and storing of eggs, and culling the flock.

Third-year club girls shall continue to cultivate one-tenth acre. A part of this may be planted in tomatoes, and part in other vegetables, or, with the approval of county home demonstration agent, the entire plot may be planted in different vegetables, such as would be grown in a home garden. Care should be taken not to have too great a variety of vegetables. The following combinations are suggested: 1. Tomatoes, beans, okra, and onions. 2. Tomatoes, cabbage, onions, and pepper. 3. Tomatoes, peas, carrots, and pepper. 4. Tomatoes, cucumbers, beets, and beans. In addition for caring for the garden, the perennials planted in the second year should be pruned and given necessary attention. The exhibit shall consist of two 12 oz. jars Dixie relish, four 5-oz. hermetically sealed glasses of jelly made from at least two varieties of fruit, two 8-oz. bottles of fruit juice, two quart jars of vegetables grown in the club garden, four 12-oz. jars of preserves made from different fruits, and one quart jar of tomato mince-meat, besides such dried and brined products as may be specified by the county home demonstration agent. Each member is required to give one or more public demonstrations under the direction of her demonstration agent. In sewing, they shall make a night gown, a middy blouse, and

a woollen dress, which may be a uniform. They shall also make some household conveniences.

Fourth-year club girls shall cultivate one-tenth acre, in which a variety of vegetables may be grown, or in which attention may be given to the growing of special vegetables. They shall prune and care for perennials, and plant others, if desired. Their work shall also include the utilization of one fruit in as many as five ways, such as making fruit marmalade, fruit preserves or jellies, fruit paste, fruit sirups, and fruit vinegar. Sewing shall include hemming a table cloth and six napkins, fancy work, and the renovating and making over of a woollen dress. Home conveniences may consist in the construction of a sewing screen, and a tea-wagon.

After completing the four years' work, or after reaching her nineteenth birthday, a girl may become a member of the women's home demonstration club.

Where a choice is given in selecting vegetables for the garden, the home demonstration agent should, as far as possible, make a selection that can be used throughout her county.

Note—In case a scarcity of sugar prevails, jellies, and preserves will not be required for exhibits, unless made with sugar substitutes, such as corn syrup, cane syrup, etc.

#### PLANS FOR CLUBS.

Clubs will be organized in gardening and canning, in poultry and home demonstration work for women. All these clubs are to be supervised by the County Home Demonstration Agent under the direction of the Extension Service of the Agricultural and Mechanical College, College Station, Texas, and the United States Department of Agriculture, Washington, D. C.

The following is a suggestive plan by which the graded schedule may be accomplished. It is hoped that this plan of work is sufficiently elastic to be adjustable to all conditions and all communities; however, it is expected that the County Home Demonstration Agents will incorporate every part of each unit at some time during the year.

The plan is divided into twelve units. Each unit may be sub-divided into a weekly, or semi-monthly program. This must be determined by the County Home Demonstration Agent. When advisable the club organization may be composed of girls enrolled in first year work, girls enrolled in second year work and those enrolled in third year work. When this becomes necessary the agent may follow this outline of work in so far as it seems practicable, assigning additional work for the more advanced members.

Frequently the advanced members may assist in holding a club meeting, or by giving help to club members during the absence of the agent.

Poultry club work is not to be specialized the first year, but may be encouraged in order to stimulate increased poultry raising and egg production.

#### FIRST UNIT

ORGANIZATION AND EXPLANATION. (1). Record books—distribute—explain. (2). Meetings—importance of attending. (3). Rallies—local, spring, fall. (4). Institutes and fairs. (5). Election of officers.

POULTRY—(1). Selection of breed. (2). Selection of eggs. (3). Egg candling.

Note—In each of the following units the presiding officer should call the meeting to order by rapping on a desk or other object in such manner as to attract attention, after which she should say, "The meeting will now come to order." She should then request the secretary to call the roll,

after which the secretary should read the minutes of the last meeting. When these details have been attended to, the presiding officer should call for reports of work done since the previous meeting, including a review of the last lesson. After these necessary formalities have been disposed of the work as given in the following units may be proceeded with.

#### SECOND UNIT.

POULTRY—(1). Incubation. (2). Dusting for lice.  
GARDEN—(1). Construction of hot bed and cold frame (model if possible). (2). Planting seed. (3). Explanation of keeping record and the making of book for crop history.  
PREPARATORY TO COOKING—(1). Book binding for cook books.  
SEWING—(1). Bulletin bags. (County Demonstration Agent to send explanatory circulars of history writing to all club girls).

#### THIRD UNIT.

POULTRY—(1). Brood—care of. (2). Preparation of coops. (3). Spray for vermin.  
GARDEN—(1). Transplanting to cold frame. (2). Preparation of garden plat.  
SEWING—(1). Cup towel—holder.  
SANITATION.  
CONVENIENCES.

#### FOURTH UNIT.

GARDENS—(1). Transplanting plants to field.  
POULTRY—(1). Chicken troubles. (2). Growing of chicken feed.  
SEWING—(1). Cap and apron.  
CONVENIENCES.  
CLUB SONGS AND YELLS.

#### FIFTH UNIT.

GARDEN—(1). Diseases of tomatoes. (2). Insect pests of tomatoes.  
POULTRY—(1). Vermin diseases. (2). Marketing eggs.  
COOKING—(1). Canning vegetables, fruits; making of jellies. (2) Salads—Utilizing vegetables. (3). Drinks—Utilizing fruit juices.

#### SIXTH UNIT.

GARDEN—(1). Summer management—Water and shade.  
FOOD CONSERVATION—(1). Canning, drying, brining.  
COOKING—(1). Lesson on Bread—Quick breads. (2). Distribute bulletins.

#### SEVENTH UNIT.

FOOD CONSERVATION—(1). Canning corn and tomatoes. (2) Drying.  
POULTRY—(1). Infertile eggs. (2). Marketing produce.  
GARDENS—(1). Preparation for fall gardens.

#### EIGHTH UNIT.

POULTRY—(1). Culling. (2). Judging poultry.  
FOOD PRESERVATION—(1). Canning. (2). Brining. (3). Drying. (4). Pickling.  
MISCELLANEOUS—(1). Table setting, or basketry. (2). Getting exhibits ready for fair.

#### NINTH UNIT.

EXHIBITS—(1). Poultry—Preparation of. (2). Canned Goods—Preparation of (Storing, grading and scoring of canned products).  
COOKING—(1). Ways of utilizing fall garden products.  
SEWING—(1). Uniforms for State Fair.

#### TENTH UNIT.

POULTRY—(1). Fall hatching. (2). Housing for winter. (3). Culling flock for winter. (4). Utilizing poultry.  
CONVENIENCES.  
COOKING—(1). Special reference to use of fireless cooker for preparing club products.

#### ELEVENTH UNIT.

ANNUAL MEETING—(1). Annual report. (2). Reorganization.  
POULTRY—(1). Feeding for egg production.  
COOKING—(1). School Lunches—Simple Stews, soups (Utilizing dried products).

#### TWELFTH UNIT.

COOKING—(1). Christmas Confections—Sugar substitutes. (2). Mince meat for Christmas pies (Utilizing club products).

#### MARKETING AND EXHIBITING CLUB PRODUCTS.

For the purpose of marketing and exhibiting Girls' Canning Club products certain standards must be maintained.

CANNED IN TIN—Standard of pack. Tomatoes—Weight of No. 3 cans, 2 pounds, 1 ounce; weight of No. 2 cans, 1 pound, 4 ounces. String Beans—Weight of No. 3 cans, 2 pounds; weight of No. 2 cans, 1 pound, 5 ounces. Peas—Weight of No. 2 cans, 1 pound, 5 ounces. Baby Beets—Weight of No. 2 can, 1 pound 4 oz. Okra—Weight of No. 3 can, 2 pounds. Peppers—Weight of No. 2 cans, 1 pound. Soup Mixture—Weight of No. 2 cans, 1 pound 4½ oz.

FRUITS CANNED IN TIN—Standard of pack. Figs—Weight of No. 2 cans, 1 pound, 6 ounces. Peaches—Weight of No. 3 cans, 2 pounds. Pears—Weight of No. 3 cans, 2 pounds. Berries—Weight of No. 3 cans, 2 pounds; weight of No. 2 cans, 1 pound, 6 ounces.

Fruits and Vegetables canned in glass should be packed closely in jars, and be as attractive as possible.

#### STANDARD CONTAINERS.

The following standard containers bearing the 4-H brand, must be used: Tomatoes in No. 2 containers; catsup, in 8-ounce commercial bottles; tomato paste, pint container or 12-ounce glasses; tomato preserves, Dixie relish, soup mixtures, layer pickles, mixed pickles, fruit preserves, 12 ounce containers; jellies, 5-ounce hermetically sealed glasses; canned fruits, chowchow, Chili sauce, canned beans, 1-quart square jar.

#### STANDARD LABELS.

The 4 H brand label should be used on all products, and must not be changed without the consent of the state agent.

The name and address of club member must be on each label.

Each label for glass container should be placed ½-inch from the bottom of the container. (See Bulletin A-81, Page 7.)

The 4-H brand label means that the product is guaranteed by the producer.

Everything prepared for market should make a good exhibitional product.

## MARKETING AND EXHIBITING CLUB PRODUCTS.

The following standards are used in judging:

### White Eggs—

1. Uniformity in size, shape and color.
2. Weight—Twenty-three ounces to a dozen.
3. Color—White.
4. Quality—Perfectly fresh (small air space).
5. Shell—Smooth, with dull finish.

### Brown Eggs—

1. Same as for white eggs except color (brown).

For standards of varieties and breeds of chickens, see poultry circulars and lessons from Extension Service. A copy of the "American Standard of Perfection," gives the standard requirements for all recognized varieties of chickens, turkeys, ducks and geese.

## STORY OF THE EMBLEM.

The regular emblem of the Girls' Club work will also be the trade-mark of the "Girl's Demonstration Clubs," and will be found upon all labels used on canned products, grown and packed by regular members of the club.

**PARTS OF THE EMBLEM:** Books, four-leaf clover and the four H's. In addition to these at the bottom of the book, the words, "Girls' Clubs."

**MEANING OR STORY OF EMBLEM:** The demonstration work represents a "Four Square," training of the members for the "Four Square" needs of citizenship. The four H's represents the equal training of the head, heart, hands and health of every child.

Train the head to: (a) Think. (b) Plan. (c) Reason.

Train the heart to: (a) Be kind. (b) Be true. (c) Be sympathetic.

Train the hands to: (a) Be useful. (b) Be helpful. (c) Be skillful.

Train the health to: (a) Resist disease. (b) Enjoy life. (c) Make for efficiency.

**BOOK:** The book as a background signifies the need of an education and definite knowledge of farm and home interests in order to promote better rural life.

**FOUR LEAF CLOVER:** The four-leaf clover represents the principles of scientific farming, rotation of crops, soil building, and large production and greater profits on less acreage for the common people.

**DEMONSTRATOR:** The word "demonstrator" means that every club member is a demonstrator of the best known methods in modern agriculture, and that they have not only agreed to read the instructions furnished by the Farmers' Co-operative Demonstration work of the Department of Agriculture, but have followed these instructions during a period of not less than one year, and on not less than one-tenth acre in the Girls' Canning and Garden Club Work.

## SUGGESTED CONSTITUTION AND BY-LAWS FOR THE HOME DEMONSTRATION CLUBS.

### Article I.

Name of Club: This organization shall be known as the .....

### Article II.

Objects of Club: The objects of this club are:

- (1) To produce and conserve as much food as possible.
- (2) To make rural community life (farming and home making) more attractive and interesting.
- (3) To increase co-operation among the people of rural communities.

### Article III.

Membership: Each member must be from ten to eighteen years of age, January 1, 1918.

### Article IV.

Officers: The officers of this club must be, viz: Supervisor (County Home Demonstration Agent), President, Vice-President and Secretary.

### Article V.

Duties of Officers: President, to preside at meetings. Vice-President, to act as president in absence or disability of the president. Secretary, to keep minutes and records of all meetings. The president or secretary, with the consent of the supervisor, may call a special meeting of the club at any time.

### BY-LAWS.

1. The members of the club should agree to read all reference literature bearing upon the home project, as directed by the home demonstration agent, co-operating with the A. and M. College of Texas, and the United States Department of Agriculture, and should be prepared to answer question on this literature.
2. Every club member is to exhibit at the annual fair (school, county fair or club contest), each exhibit complying with standard regulations. The exhibit to consist of sewing, canned products, conveniences, and any fresh vegetables which may be available.
3. Report books must be filled out, and together with the history of the crop, accompany the exhibit.
4. In order to determine profits, the general expense account must be accurately kept.
5. The amount of yield by weight in canning and gardening, and the records in poultry clubs must be certified to by the contestants, and attested by at least two disinterested parties, preferably members of the local school board.
6. Measurement of land for canning and gardening club will be made by the county home demonstration agent, sometime before the final records are completed.
7. No organization should be formed with less than five members.
8. All awards on club work shall be based upon the uniform score card furnished by the Extension Service.
9. Upon passing their nineteenth birthday, club members will be eligible to membership in the women's home demonstration clubs.